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PROTESTS HEAD TO CITY HALL

AIRPORT TAXI DRIVERS CALL ON MAYOR TO HELP metroNEWS

LUCY SCHOLEY/METRO

Wanted: A task force for sharing economy

BUSINESS

Barriers to services like Uber should be removed: Report

Joe Lofaro
Metro | Ottawa

Ontario should create a multi-jurisdictional task force to capitalize on the bustling sharing economy so that the province can "remove barriers to innovation" for services like Uber, says an Ontario Chamber of Commerce report.

This is one recommendation in Harnessing the Power of the Sharing Economy, a new report released Tuesday following a forum held in May which brought together government officials and industry experts.

The release of the report and accompanying survey comes at a time when cities across the province are struggling to deal with the emergence of sharing companies, such as Uber and AirBnB, that are disrupting traditional service models in the transportation and hospitality sectors.

Taxi companies are taking Uber to court in Toronto and Ottawa is expediting a review of its taxi bylaws.

But the sharing economy shows no signs of slowing down.

"The global revenue from the sharing economy is $15 billion this year and that's going to grow to $300 billion in the next 10 years," said Karl Baldauf, vice-president of Policy and Government Relations at Ontario Chamber of Commerce.

Baldauf said that if Ontario adopts all six recommendations in the report, it would be the first jurisdiction in the world to take a comprehensive approach to the sharing economy.

Other recommendations include revisiting outdated regulations that hinder innovation, and for the industry to fill gaps in insurance coverage — a main sticking point in the Uber debate since the company has refused to disclose its insurance policy publicly.

Baldauf said there hasn't been enough of a dialogue between government and industry leaders and it's high time for change.

"It's time for the government to come to the table and really put a spotlight to engage in a dialogue that reflects the fact that 40 per cent of young Ontarians are now consumers in the sharing economy," he said.

The full report is available at occ.ca.

> **The global revenue from the sharing economy is $15 billion this year and that's going to grow to $300 billion in the next 10 years.**
>
> Karl Baldauf, vice-president of Policy and Government Relations at OCC

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Inmates in Philly make chair for Pope's visit. **World**

Union members urged to be active during election

RETALIATION

Justice Department memos 'went overboard'

Michael Woods
Metro | Ottawa

Public service union leaders are urging their members to be politically active despite what they say are efforts to discourage such activity during the election campaign.

"People have been really led to believe that any activity is dangerous and could cost you your job," said Emmanuelle Tremblay, president of the Canadian Association of Professional Employees. "They are extremely frightened of engaging in any sort of political activity."

At issue are several department memos that the unions say are causing confusion and stirring fear among public servants who might want to express a political opinion during the campaign.

They took particular umbrage with a Justice Department memo on the use of social media, which said employees are expected to "refrain from public criticism of the Government of Canada."

It contained a reminder that employees "are public servants 24/7."

Emmanuelle Tremblay, national president of the Canadian Association of Professional Employees, leads a lunchtime rally outside the Prime Minister's Office on Monday. MICHAEL WOODS/METRO

Said Tremblay: "It's ludicrous. I think they definitely went overboard."

CAPE and other unions, including the Professional Institute of the Public Service of Canada and the Public Service Alliance of Canada, are putting together resources for members advising them of their rights.

The unions have stepped up political activity after years of Conservative government cuts to the public service. None of them have endorsed a particular party, but they have actively campaigned against the Harper government.

Public servants have the right to be politically active, with some restrictions. For example, they can't conduct political activity on the job, or use their employers' facilities to do so.

But they are allowed to conduct political activity thanks to a 1991 Supreme Court ruling, prior to which public servants couldn't undertake any political activity except casting a vote.

"While in the workplace, no politicking, and no use of the employer's facilities for politicking. That's common sense. But once out of the workplace, you have rights that we won fair and square," PSAC national president Robyn Benson wrote in a blog post Monday, urging PSAC members to exercise their political rights "a lot more than we have done in the past."

"We are encouraging our members to get fully engaged in the most important federal election campaign that I can remember," she said.

> **Even if you do not identify yourself as a public servant, there are ways for you to be identified.**
> Justice Department memo

CANDIDATES

Mayor meets Greens

Lucy Scholey
Metro | Ottawa

Ottawa Mayor Jim Watson met with Green party candidates for the Ottawa-Gatineau ridings on Monday, the second in his series of meetings with each of the local federal contenders.

The 10 candidates joined the mayor around the table in his office to talk about issues including transit, affordable housing, Canada's 150th anniversary celebrations in 2017 and economic development.

According to Deborah Coyne — a former Liberal party leadership candidate who's running in the new Carleton riding — the party does not have a one-issue platform for the Ottawa region.

"It is about the longer term vision," she said. "What is the main thing here? It's actually finding the revenues to fund all the things that we have to do in order to have a good economy."

Part of the Green party's solution is to form a cross-jurisdictional "Council of Canadian Governments," similar to the Australian model. It would be chaired by the prime minister and include all the premiers, municipal government representatives and leaders from Inuit, Métis and First Nations communities.

Countrywide, the Green party is pitching a national affordable housing strategy, new rail safety measures to prevent future tragedies like the Lac Megantic incident and investing one point of the GST to municipalities.

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Payment a 'contract': Lawyer

DUFFY TRIAL

Emails reveal legal advice that could help Crown's case

A former lawyer for Mike Duffy advised him to defend the secret repayment of his contested expenses as a "contract" — a characterization that could bolster the Crown's arguments about the senator's alleged role in the deal.

New emails submitted as evidence Monday in Duffy's fraud, breach of trust and bribery trial reveal some of the scrambling that occurred in May 2014 when details of the $90,000 payment broke in the media.

Harper's former chief of staff Nigel Wright had repaid Duffy's expenses two months earlier, while Duffy and others inside the Prime Minister's Office held to the line that Duffy had repaid the bills.

Duffy quickly consulted with the law firm Nelligan O'Brien Payne to find out how to handle any ensuing scrutiny by the Senate ethics officer.

Lawyer Christopher Rootham told him that because firm colleague Janice Payne had helped to strike a repayment deal with Wright, the repayment should be described as a "contract."

If it had been a gift, that would have been more problematic, Rootham said in an email.

"In my opinion, a good argument could be made that this was not a 'gift' at all, but instead income received from a contract (negotiated by Janice)," he wrote. "The payment therefore falls under the annual 'confidential disclosure statement' that you must make under... (the Senate ethics and conflict of interest) code."

Duffy sent a letter to Senate ethics officer Lyse Ricard a few hours later, repeating the notion of a contract with Wright and asking her to review the matter.

This characterization is problematic for Duffy now, as the Crown tries to paint him as the instigator or equal partner in a scheme to have the $90,000 in dubious expense claims paid back from someone else's pocket.

Rootham goes on to tell Duffy that the "more serious risk" is if someone alleges he breached the Parliament of Canada Act — something that some experts did bring up at the time, but which never transpired.

The Act prohibits any member of the Senate from receiving money in relation to any "controversy," or any person from offering the money to a senator.

"If this allegation is made, IF YOU SPEAK AT ALL you will deny that you received compensation in respect of a controversy before the Senate that any arrangement that was made was bona fide and legal," Rootham writes.

Duffy's defence in this trial has been that he was strong-armed into accepting a deal in which he would admit error in filing his Senate expenses, even though he felt strongly that he had done nothing wrong.

Chris Woodcock, the former director of issues management inside the PMO, testified Monday about discussions he had with Duffy around public statements the senator make about the repayment.

Woodcock was a sort of firefighter inside the PMO, trying to extinguish potentially damaging stories as they emerged in the media.

The Crown took him through email discussions in which Duffy himself appeared to actively collaborate on media strategy.

"It was collegial, co-operative," Woodcock said of one conversation with Duffy in February 2013 about a media statement.

"Did you pressure him on the call to accept a certain statement?" asked Crown prosecutor Jason Neubauer.

"None whatsoever," Woodcock responded.

Woodcock also testified that he was unaware that Wright had repaid Duffy's expenses, despite being copied on a direct email in which Wright tells him of his intention.

"FYI only. No such discussions with Wallin. There was discussion re Duffy, but decided no CPC funds to be used," Wright wrote.

"For you only: I am personally covering Duffy's $90K." Wright also listed Woodcock as one of the people he told about the payment, in testimony earlier this month.

Woodcock said he didn't read that part of the email, and found out after the story broke on CTV News.

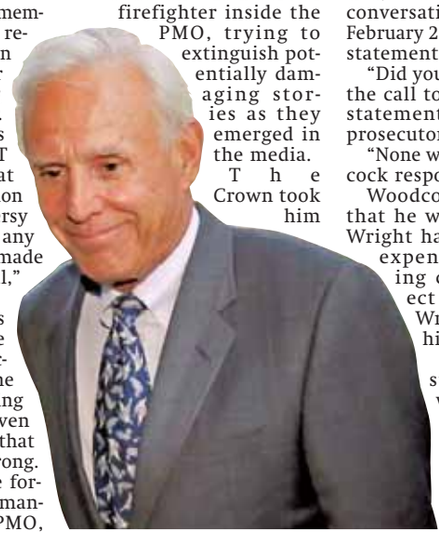
That position bears some similarity to that of Harper's current chief of staff, Ray Novak, who said through a spokesman that he had not read an email from Wright in which Wright tells him he is sending his cheque.

Harper has placed the blame for the Duffy scandal squarely on the shoulders of Wright and the senator, saying subordinates shouldn't be the ones held accountable.

THE CANADIAN PRESS

Former Conservative Sen. Mike Duffy, pictured outside the courthouse in Ottawa on Monday, maintains that he was forced by the Prime Minister's Office to admit to mistakes surrounding his expenses even though he believed he did nothing wrong. FRED CHARTRAND/THE CANADIAN PRESS

Chris Woodcock, former director of issues management inside the PMO, testifies on Monday.
GREG BANNING/THE CANADIAN PRESS



Donald Bayne, lawyer for former Conservative Sen. Mike Duffy, arrives at the courthouse on Monday. FRED CHARTRAND/THE CANADIAN PRESS

"In my opinion, a good argument could be made that this was not a 'gift' at all but instead income received from a contract.
Lawyer Christopher Rootham

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Watson agrees to meet with cabbies

LABOUR

Workers feel mayor should intervene in fee dispute

Lucy Scholey
Metro | Ottawa

Mayor Jim Watson has agreed to meet with airport taxi drivers, after almost two weeks of protests escalated to the steps of city hall on Monday.

Chanting "Jim Watson, help us!" nearly 50 protesters marched through the Lisgar Street entrance and demanded the mayor do something about increased airport pickup fees.

Police stood to the side and let the drivers peacefully hold up their "Locked out" signs. Eventually, two representatives were pulled aside.

Abed Madi, chairman of taxi Union Local 1688, returned and said city-hall staffers agreed to arrange a meeting with the mayor.

Watson has previously said the labour dispute is an issue between Coventry Connections, the city's largest cab company, and the union.

But Madi said the mayor should step in.

"The city is the regulator of the taxi industry," he said. "We operate within the framework of the taxi bylaw and we believe that the city has a role to play. Mayor Watson can play a role in one way or another on this issue."

Drivers with Airport Taxi YOW have been protesting the fee hikes — to about $5 per pickup from $1 or $2 — since Aug. 11. They say costs will soar to about $1,600 a month from about $345.

Hanif Patni, president of Coventry Connections, said he will not return to the negotiating table.

"We've already provided them with our terms and conditions, and they are more than welcome to work at the airport for those terms and conditions that we've set out," he said, noting that the Ottawa airport stand fees have been the lowest in North America for almost two decades.

Ottawa airport authorities say taxi drivers now pay a stand rent fee that's on par with the market rate.

Although Airport Taxi YOW drivers are protesting the fee hikes, almost 400 cars with Blueline and Capital Taxi are authorized to pick up passengers at the airport.

Meanwhile, Madi said the protests would continue at the airport and outside the Coventry Connections office — although not at city hall.

$1,600

Employees with Airport Taxi YOW say their costs will soar to about $1,600 a month from about $345.

Some of the nearly 50 airport taxi drivers who took their two-week-long protests and their "Locked out" signs to Ottawa City Hall on Monday. LUCY SCHOLEY/METRO

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POLITICS

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Michael Woods
Metro | Ottawa

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The Senate of Canada, immensely unpopular and under intense scrutiny for some of its members' dubious expense claims, is hiring a new chief financial officer and a director of communications.

"The Senate operates within a distinctive environment that has several characteristics that distinguish it from other organizations within the sphere of the federal public service," say the job posts on the website of Boyden, an executive search firm. "As such, the administration of the Senate requires exceptional leaders."

The new CFO, according to the job description, "will provide corporate leadership on finance and procurement functions within the Senate, while providing expert advice" to the chief corporate services officer, committees, senators and the Senate administration.

"Your strong team orientation and collegial approach will allow you to effectively inspire, coach and mentor a large and established team of financial professionals as the Senate of Canada embarks upon a period of transformation," the post says.

The director of communications, meanwhile, "is accountable for providing senior professional leadership and expertise in renewing the Senate's communications function into a modern business model."

The job will also involve "directing the Senate's approach to a proactive communications model that seeks more outreach and engagement of external stakeholders, including key target audiences and the media, to raise the profile and knowledge of the Senate's various work activities, major reports and other achievements."

IN BRIEF

Police hunting for suspect in public sexual assault

Ottawa police are on the hunt for a suspect after a woman was sexually assaulted in Sandy Hill early Monday morning.

Police say the incident happened at 5:50 a.m. near the intersection of Charlotte and Clarence streets.

A man approached the woman, pushed her into the bushes and inappropriately touched her.

Police responded to the scene but could not locate the man.

He is described as a white man in his late 20s to early 30s with a skinny build.

The man was bald and wore glasses. Police say he was dressed in black clothing and carried a black backpack.

Investigators also want to speak with a female passerby who heard the victim's screams and provided assistance to her.

JOE LOFARO/METRO

Leaders quarrel over economy

ELECTION 2015

Plummeting market shakes up federal campaign trail

A precipitous drop in North American stock markets sparked fresh debate on the federal campaign trail Monday about which leader would be the best choice to manage Canada's finances.

The S&P/TSX composite index dropped 768.5 points shortly after markets opened, before rallying to close down 420.93 points, a 3.12 per cent decline over Friday's close. The dollar, meanwhile, closed down about half a cent.

For Stephen Harper, the plunging economy — fallout from China's worst market performance in eight years — provided a welcome diversion from the relentless revelations of the Mike Duffy trial that have kept the Conservative campaign off balance for close to two weeks.

The prime minister's office released a short statement Monday, saying that he had spoken on the phone in the morning with Stephen Poloz, the governor of the Bank of Canada.

"Prime minister Harper and governor Poloz discussed the recent decline in global stock markets and commodity prices, slowing growth in China and emerging markets and the potential impacts on Canada's economy," said the statement, which offered no other details.

NDP Leader Tom Mulcair and Liberal Leader Justin Trudeau blamed Harper for the economic mess and said they could do a better job of running the country's finances.

Harper repeated that his government is the best bet in uncertain economic times.

That's a message that the Conservative leader has been struggling to deliver as he fends off questions about how much his current chief of staff, Ray Novak, knew about Nigel Wright's controversial $90,000 payout to Duffy in February 2013.

Harper said Monday the unstable global economy is the most important issue facing Canadians and urged them to stay with his party.

"Given the challenges around us, we need to stick with a long-term plan that has been working and will work," Harper said in Drummondville, Que.

Mulcair said Harper "put all his eggs in one basket" by focusing the Canadian economy on the oil and gas sector, which has been rocked by a downward price spiral.

Mulcair also chided Harper as the only Canadian prime minister to have presided over two recessions.

He was referring to the recession of 2008 and the fact that economists suggest the economy likely contracted in the second quarter of the current fiscal year after also pulling back in the first quarter — a technical recession.

Asked about falling oil prices and the effect on the budget, Trudeau said a full Liberal platform would be released soon.

"We have to recognize that Stephen Harper has put us into deficit right now," Trudeau said in Belleville, Ont.

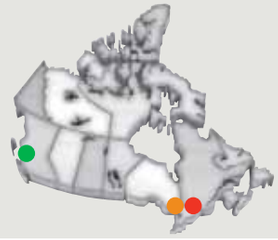
He also slammed Harper for not being able to deliver "the kind of growth" the economy needs.

"Right now, with the instability on global markets, there are an awful lot of Canadians worried about their retirements, looking with anxiety at the coming years," Trudeau said.

THE CANADIAN PRESS

Prime Minister Stephen Harper faced scrutiny from both Liberal Leader Justin Trudeau and NDP Leader Thomas Mulcair on Monday over his plans to handle economic instability. SEAN KILPATRICK/THE CANADIAN PRESS

WHERE THE LEADERS ARE TODAY



- **Justin Trudeau** will be in Toronto and Brampton, Ont.
- **Tom Mulcair** will be in Ontario: Dundas, Kitchener and Sarnia.
- **Elizabeth May** will be in Vancouver and Burnaby, B.C.

Stephen Harper's itinerary was unavailable.

> **Mr. Harper's plan to give benefits and advantages to the wealthiest Canadians has failed to create the kind of growth that we need.**
> Justin Trudeau

ECONOMY

CIBC hints NDP election win could harm equity markets

The possibility of neither the Conservatives nor the Liberals winning the Oct. 19 federal election could be a negative for equity markets, although other factors are far more important, according to a commentary issued by CIBC (TSX:CM).

The note, dated Sunday and written by Ian de Verteuil, managing director and head of portfolio strategy and technical research at CIBC World Markets, predicted the recent decline in equity markets would continue until the end of the year.

Among other things, de Verteuil noted that interest rates have again started to decline, emerging markets have been volatile and equities have fallen.

"In our opinion, until we get some clear signs that deflation is not back on the table, and until there is evidence of stronger global economic recovery, equities will remain weak," he said.

"The Canadian situation is complicated by a lack of domestic support for Canadian equities, continued pressure on the economy from weaker commodity prices and a federal election that could result in a party other than the Conservatives or Liberals in power."

When asked about his mention of the election, de Verteuil said it wasn't a critique of one party's capabilities or policies over another's.

"This is a comment on how investors tend to have a short-term reaction to change. Election uncertainty may be a factor in equity markets but far more significant issues are weak commodity prices and low demand for Canadian equities," he said in an email.

THE CANADIAN PRESS

A note written by a senior staffer at CIBC World Markets on Sunday predicted further plunges in investments until the end of the year — an issue NDP Leader Thomas Mulcair allegedly will not be prepared for. FRANK GUNN/THE CANADIAN PRESS

IN BRIEF

Green party candidate won't get support to back out

A Green party association in Ontario won't support its candidate's decision to withdraw and endorse the NDP nominee.

The Green party's Peterborough-Kawartha Electoral District Association says candidate Gary Beamish's apparent plan took the organization by surprise.

It apologizes for any confusion Beamish's move may have caused supporters in the central Ontario riding. The association says it plans to discuss the next steps with local members.

THE CANADIAN PRESS

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Rifle jam created opportunity to take down train assailant

PASSENGERS HONOURED

Lone radicals growing terror threat: Experts

From left: British businessman Chris Norman; Anthony Sadler, a senior at California State University; French President Francois Hollande; U.S. Airman Spencer Stone; and U.S. National Guardsman Alek Skarlatos at the Elysee Palace, Monday in Paris. Hollande pinned the Legion d'Honneur (Legion of Honour) medal on Stone, Skarlatos and Sadler, three long-time friends who subdued a gunman on Friday, Aug. 21. Norman also jumped into the fray. MICHEL EULER/THE ASSOCIATED PRESS, POOL

The gunman had an arsenal he claims to have stumbled upon in a park near the train station. Like three other men accused of drawing up failed plans for attacks in France recently, the suspect denied any links to terrorism, telling his lawyer he was homeless and wanted to rob a train only "to eat."

Instead, the assault rifle jammed, and he was tackled and bound with a necktie by three Americans and a Briton who were celebrated Monday with France's highest honour. Now, with many lives potentially saved on the high-speed train by quick-thinking and courageous passengers, the limits of a continent's worth of security were thrown into relief by a lone attacker during a less-sophisticated act of violence.

With thousands of Europeans believed to be radicalized by propaganda from the Islamic State of Iraq and the Levant (ISIL), and legions of security forces guarding the most visible targets, governments are increasingly worried about the possibility of carnage by individuals, with little planning, in a setting where there is minimal or no security.

If the attack fails, terrorist groups simply ignore it. If it succeeds, they claim responsibility for the work done by their "brother."

"This creates a really interesting dilemma for law enforcement. You don't have to be a mastermind or a sophisticated individual to kill a lot of people if you have weapons and they do not," said William Braniff, director of the National Consortium for the Study of Terrorism and Responses to Terrorism. "You don't have to be all that well-trained. There's one threshold: You have to be able to load the weapon."

That, apparently, was something the gunman — identified as Ayoub El-Khazzani, 26, of Morocco — was unable to do, according to Spencer Stone, the U.S. airman who subdued the attacker on a train from Amsterdam to Paris. Stone said he saw the man holding an assault rifle that "looked like it was jammed and it wasn't working."

THE ASSOCIATED PRESS

PHILADELPHIA

Inmates building Pope chair for visit

Inmates in the Philadelphia prison system are creating a stately chair to give to Pope Francis when he visits next month.

At a prison workshop on Monday, inmates worked to sand and refinish the wooden chair, which stands nearly six feet tall.

Another group of inmates previously hand-carved the piece out of walnut. Soon, it will be sent to nearby Curran-Fromhold Correctional Facility to be upholstered by other inmates.

Francis plans to go there Sept. 27 to meet with about 100 inmates and some of their relatives during a two-day trip to the city.

MICHAEL PEREZ/ THE ASSOCIATED PRESS

Francis has made prison ministry a focus of his pontificate. He meets frequently with inmates and on two occasions washed prisoners' feet during pre-Easter rituals.

THE ASSOCIATED PRESS

IN BRIEF

No more known Ebola cases in Sierra Leone

Health authorities in Sierra Leone released the country's last known Ebola patient from a hospital on Monday, a milestone that allows the nation to begin a 42-day countdown to being declared free of the virus that has killed nearly 4,000 people there. Sierra Leone must go 42 days — equal to two incubation periods of 21 days — in order for the World Health Organization to make such a declaration.

THE ASSOCIATED PRESS

SPACE STATION

Whiskey out of this world

Spirits arrived at the International Space Station on Monday. Not the ghostly ones, but the kind you drink — distilled spirits.

The six astronauts won't be sneaking a sip. It's all for science.

A Japanese company known for its whiskey and other alcoholic beverages included five types of distilled spirits in a space station cargo ship. The station's big robotic arm — operated by Japanese astronaut Kimiya Yui — grabbed onto the supply craft launched Wednesday by his homeland. Flight controllers helped anchor it down.

The supply ship contains nearly 10,000 pounds of cargo, including the six liquor samples. Suntory Global Innovation Center in Tokyo wants to see if alcoholic beverages mellow in space as they do on Earth.

Japan also sent up 12 mice aboard the Kounotori vessel, Japanese for white stork, as part of an aging study.

NASA has considerable equipment aboard the supply capsule. Many are replacements for items lost in the failed SpaceX supply run at the end of June. The Florida launch accident destroyed everything on board. The replacements include spacewalking equipment, an emergency breathing kit, toilet wiring and parts for the water recycling system.

U.S. astronaut Scott Kelly — who last week said the delivery was "very important" given the circumstances — welcomed the stork.

"Great job by my crewmates," Kelly said via Twitter.

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SWITZERLAND POLICE CAR PULLED FROM RHINE The Swiss army helps recover a German police car from the Rhine River in Mumpf, Switzerland, on Monday. The vehicle disappeared into the Rhine in June 2013 when officers forgot to apply the handbrake during a police control. A hobby diver discovered the wreck a week ago, around two kilometres from the accident scene. PASCAL BLOCH/KEYSTONE VIA THE ASSOCIATED PRESS

Police discover roomie's body

LOUISIANA

Suspect in trooper's death accused of second killing

The roommate of a man arrested in a Louisiana state trooper's death was found dead Monday, and the suspect in the trooper's slaying is also suspected in this case, a sheriff said.

The man was found dead Monday in a home he shared with Kevin Daigle, 54, in Moss Bluff, Calcasieu Parish sheriff Tony Mancuso said Monday at a news conference.

He said a deputy went by the home Monday morning after authorities were notified that the roommate had not arrived at work. The deputy found the roommate dead amid signs of a struggle. The roommate's name was not immediately released.

"We are just now processing the scene," he said. "We really don't have a lot of answers."

Senior trooper Steven Vincent, 43, died Monday, a day after an apparently stranded motorist shot him in the head and then stood over him to tell him he was going to die soon, state police said.

Authorities plan to charge Daigle with first-degree murder in the trooper's slaying. Vincent had been trying to help a man whose pickup truck was stuck sideways in a ditch, Col. Mike Edmonson said.

Edmonson said Daigle, 54, of Lake Charles, was under arrest at a hospital.

Sgt. James Anderson, southwest Louisiana spokesman for state police, said Daigle was hospitalized for some scrapes and other injuries he sustained while the other motorists subdued him. THE ASSOCIATED PRESS

Senior trooper Steven Vincent. LOUISIANA STATE POLICE/THE TIMES PICAYUNE, VIA THE ASSOCIATED PRESS

KIDNAPPING

Pakistan security forces rescue hostage of Taliban

A Chinese tourist held captive for more than a year by the Taliban in Pakistan has been freed by the country's security forces and intelligence agencies, authorities said.

China's state-run Xinhua News Agency identified the hostage as Hong Xudong, who was abducted in May 2014 near the northwestern Pakistani city of Dera Ismail Khan. Hong, who is from central China's Hubei province, had entered the country from India and had been travelling around Pakistan by bicycle.

Pakistani Interior Minister Chaudhry Nisar Ali Khan announced the rescue of a Chinese hostage late Sunday night, without naming Hong. Xinhua, citing a statement from the Chinese Embassy in Islamabad, said Hong was rescued Saturday and handed over to their diplomats on Sunday, without elaborating.

The kidnapping was claimed by a splinter group of the Pakistani Taliban. The group has killed tens of thousands of people in Pakistan over the last decade. Security forces have been aggressively targeting militants since a Taliban attack on a military school in Peshawar killed 150 people.

Over 300 suspected members of different banned groups have been detained in recent days in central Pakistan, counterterrorism officer Shabana Saif said. THE ASSOCIATED PRESS

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TECHNOLOGY

LG unveils new G Pad

Following on the heels of the unveiling of its second generation 8-inch G Pad earlier this month, LG announced on Monday that it has come out with a new version of the Android tablet.

The 10.1-inch G Pad II comes with a larger display, plus a boost in hardware with 2 GB of RAM and a 2.26 GHz Snapdragon 800 processor. The new tablet also offers several software features, such as an e-reader mode to ease the eyes when reading.

The company has not announced an official launch date or price for the tablet but will unveil it at the IFA trade show in Berlin next month. It is expected to be available in North America and Europe. AFP

LG's new 10.1-inch G Pad II tablet. COURTESY LG

Students need better budget training: CIBC

POST-SECONDARY EDUCATION

About 51% will be out of money by end of school year

If past practice is any indication, the majority of post-secondary school students will likely run out of money before the school year ends — and end up turning to the Bank of Mom and Dad for help.

A new poll from CIBC has found that 51 per cent of post-secondary students tapped their parents for additional financial support last year because they ran out of money.

And according to the bank, there wasn't much difference between students from higher- and lower-income families.

CIBC said some 48 per cent of students from families with household incomes of more than $125,000 tapped their parents for extra cash, compared with 52 per cent from families with household incomes of less than $75,000.

Sarah Widmeyer, managing director and head of Wealth Advisory Services at the bank, said that even though 86 per cent of parents surveyed considered themselves good role models for financial planning.

Widmeyer said young people need to understand that their parents may not always be willing or able to dispense extra cash and that being taught basic financial and budgeting skills before they go off to college or university is essential.

"Clearly, being a good financial role model doesn't mean your children will understand how to manage their own finances," she said.

The online survey was conducted Aug. 13-17 among 1,001 Canadian parents who are Angus Reid Forum panellists. THE CANADIAN PRESS

According to the poll, students rely on their parents regardless of their economic sphere. The poll found that 48 per cent of students from families with household incomes over $125,000 still asked their parents for help. ISTOCK

IN BRIEF

TransCanada reaches deal with gas companies on Energy East project

TransCanada Corp. resolved a major challenge to its $12-billion Energy East project after reaching an agreement with three natural gas distributors who say the deal insulates customers from the additional costs of converting the pipeline. Under the agreement announced Monday, customers in Ontario and Quebec won't be on the hook for extra construction and development costs and will save $100 million between 2018 and 2050, the natural gas companies said. THE CANADIAN PRESS

market minute

DOLLAR 75.40¢ (-0.54¢)

TSX 13,052.74 (-420.93)

OIL $38.24 US (-$2.21)

GOLD $1,153.60 US (-$6.00)

NATURAL GAS: $2.65 US (-3¢)
DOW JONES: 15,871.35 (-588.40)

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ASHLEY MADISON

Police confirm extortion

The hack of the cheating website Ashley Madison has triggered extortion crimes and led to two unconfirmed reports of suicides, Canadian police said Monday.

The company behind Ashley Madison is offering a $500,000 reward for information leading to the arrest of members of a group that hacked the site.

Hackers last week released detailed records on millions of people registered with the website, a month after a break-in at Ashley Madison's parent company, Toronto-based Avid Life Media Inc.

Toronto Police acting staff-Supt. Bryce Evans said the hack is "one of the largest data breaches in the world."

Evans said there are confirmed cases of criminals attempting to extort Ashley Madison clients by threatening to expose them unless payment is received.

He added that the hackers released the entire Ashley Madison client list, which claims to have more than 30 million users worldwide. Evans did not offer details on the unconfirmed suicides. THE ASSOCIATED PRESS

STOCK MARKET

Financial planning critical amid plunge

The plunge in the stock markets in recent days may have rattled investors, but a financial adviser says the drop is a reminder of the importance of understanding your risk tolerance and building a strong financial plan.

The S&P/TSX composite index is down more than 15 per cent from its high reached last year, while the Dow Jones industrial average is off more than 10 per cent from its high reached earlier this year.

"If you are telling me today that your risk tolerance is not what you thought it was and you're in the wrong model and you don't want any downside losses, then we have some things to chat about," said Brent Vandermeer, a portfolio manager with HollisWealth.

If the plunge in the markets has rattled your nerves and you've realized that you really can't tolerate the risk like thought you could, Vandermeer recommends making changes to your portfolio now.

> **"The trend is usually persistent for a while."**
> Brent Vandermeer, HollisWealth

A New York Stock Exchange trader talks on his phone. SETH WENIG/THE ASSOCIATED PRESS

"You can't postpone and hope that tomorrow is better," he said. "The trend is usually persistent for a while."

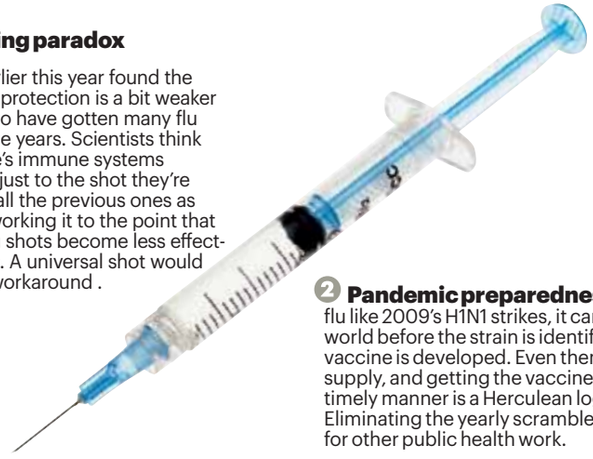
The drop in the market follows a move by China earlier this month to devalue its currency amid concerns about growth in its economy.

The stock market has also been fuelled in recent years by the flood in cheap money made available by central banks, which helped keep interest rates low. THE CANADIAN PRESS

metro VIEWS
Your essential daily news
Tuesday, August 25, 2015

THE BIG THING: A FLU SHOT TO END ALL FLU SHOTS

Nobody likes needles. The flu shot — though safe and effective — may be the most hated of all, not least because it requires a new jab every year. The science of guessing what strain will dominate sick rooms and emergency rooms in any given season is inexact (last year, the Canadian shot was only about 23 per cent effective against the flu that was going around). New research could potentially change that. In two successful studies published this week, an experimental vaccine using a part of the virus that is universal to all types of flu apparently worked pretty well at generating immunity in mice and ferrets. If human trials show the same, it could be great news for the fight against flu. SOURCE: NATURE MEDICINE, SCIENCE



1 A puzzling paradox

Research earlier this year found the flu vaccines' protection is a bit weaker in people who have gotten many flu shots over the years. Scientists think those people's immune systems respond not just to the shot they're getting, but all the previous ones as well — overworking it to the point that additional flu shots become less effective over time. A universal shot would be a handy workaround .

2 Pandemic preparedness When a nasty seasonal flu like 2009's H1N1 strikes, it can be halfway around the world before the strain is identified and a targeted vaccine is developed. Even then, demand often outstrips supply, and getting the vaccine where it needs to be in a timely manner is a Herculean logistical challenge. Eliminating the yearly scramble could free up resources for other public health work.

3 One more shot Misinformation about the supposed "dangers" and ineffectiveness of vaccines spreads faster than an airborne virus around the Internet, despite having no basis in fact. Convincing people to make time for a flu shot every year isn't getting any easier. A single jab that protects again all strains of flu — incorporated into the usual vaccinations required for school — would be an epidemiologist's dream.

Indigenous people have mixed feelings on voting

BIRCHBARK BITINGS
Niigaanwewidam James Sinclair

Last month Assembly of First Nations National Chief Perry Bellegarde called on indigenous peoples to "get out and vote" in this fall's election.

If First Nations voters "send the strong message this time around that our votes matter," Bellegarde declared, "it could have a huge impact."

Hundreds of indigenous leaders have followed suit, and this election is expected to see the highest participation of First Nations voters since Prime Minister Diefenbaker gave us the right in 1960. In addition, many indigenous candidates are running for office. Indigenous issues are mentioned regularly during campaign stops.

Long ignored, indigenous peoples are a part of today's national electoral conversation. The challenge is that many First Nations do not vote for legitimate reasons.

Some don't believe parties' promises of funding for currently inequitable education and health systems, inquiries into murdered and missing indigenous women or justice for long-standing land claims. So they don't see a viable option. Many reasons, however, go much deeper.

A big one is that many indigenous peoples maintain the position (via documents like treaties) that First Nations are autonomous nations — and to vote in another nation is like a French voter voting in a Belgian election.

Another is that Canada continues to institute an ongoing cycle of violence (see: the oppressive Indian Act), and for indigenous people to participate in a system that refuses to change is to be complicit in their own abuse.

Yet another reason argues that energy is better spent on building the autonomy, government and sense of community for indigenous nations than on buying into false notions of Canadian "unity."

At the same time, it's hard to argue with Bellegarde. In 51 electoral ridings, indigenous voters are the majority. Their votes could make the difference between a majority and minority government.

It's also hard to argue with critics of voting. After nearly 55 years, Canadian politicians have failed unilaterally to serve indigenous voters, and many socio-economic indicators show that many indigenous peoples are worse off now.

Today, there is no more pressing issue in Canada than reconciliation with indigenous peoples.

As evidenced in the struggle over the Harper government's energy agenda, First Nations hold the keys to any economic future involving resources such as oil and water.

Unless Canada finds another way, indigenous peoples have to be meaningfully engaged in federal politics.

To some aboriginal people, this country has seemed like a big, happy party, and they've been on the outside looking in.

Now that they've been invited, some don't want to enter. Others, like those who work in institutions such as universities, often work for both better indigenous governance and better representation at the federal level. I vote, but certainly understand my relations who don't.

For Kanata (Iroquoian for "village") to truly live up to its name, this Oct. 19 must be a step in a direction where both paths can be reconciled.

Niigaanwewidam (Niigaan) James Sinclair is a writer, activist, and Department Head of Native Studies at the University of Manitoba.

metroview

Liberals: Millennials are not in the mushy political middle

Dan Darrah
For Metro

"I want to vote Liberal, but I just can't."

It's a phrase I've heard muttered in university bars, and it's usually shorthand for the futility of Liberal pandering.

For much of our history, the Liberals catered to a broad "public" consisting of groups — middle class workers, socially liberal yuppies, small-business owners — whose support has been gradually siphoned off by the Conservatives and NDP. The party's response was to elect Justin Trudeau as leader, extending an olive branch to young voters.

It's a sensible strategy, and the campaign presented a clear opportunity to make good on it. As a young voter, I can tell you the Grits have our attention. Many of us believe in legalizing and regulating marijuana; the Liberals agreed before it was politically popular. Many of us think raising taxes on the rich will help address income inequality; the Liberals have pledged to raise income taxes on high earners.

Meanwhile, the NDP promises raising taxes is "not on the table." And there's the surfaced footage of NDP Leader Thomas Mulcair lauding former U.K. Prime Minister Margaret Thatcher's policies. As a rule, young voters are not fans of Thatcher-style neo-liberalism and trickle-down economics.

Such could be the basis of Liberal gains at the NDP's expense. But the Grits are blowing it by falling back an old habit: Pandering to too many crowds, many of which are lost causes as voters.

It's not very likely Conservative voters will stray from the Tories because the Liberals supported anti-terrorism legislation the incumbents introduced. Yet Trudeau instructed his caucus to support C-51, a contentious bill Millennials have widely derided as an affront to digital privacy. In so doing, he sent throngs of young voters to the NDP.

The Liberals' C-51 play stands in for many politically insecure stances. Their record under Trudeau suggests the party's ideal voter is someone who wants a government concerned about personal liberty but only occasionally interested in upholding it; moderately concerned about the environment but unsure if the answer is cap-and-trade, a carbon tax or nothing at all; supportive of the middle class but not to the extent of implementing a federal minimum wage or national child care.

The NDP has its base. The Conservatives, theirs. Liberals dominated the 20th century by occupying the mushy middle; not turning anyone off. But the 20th century is over. In the 21st, the Grits' wishy-washy platform is turning off young voters when they're needed most.

Dan Darrah is a public policy student at Ryerson University and an editor at Critical Perspectives (criticalperspectives.org)

Rosemary Westwood will return next week.

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PHILOSOPHER CAT
by Jason Logan

Stephanie Seymour the new face of The Room at the Bay

How safe are your skin spots?

AGING

How doctors assess skin patches and pigmentation

Middle age often carries with it a number of advantages, one of which is a clearer complexion. But as acne becomes a distant memory for most people, other issues arise to plague aging skin.

Sun spots, age spots, liver spots, granny warts — whatever you call them, brown pigmented spots are common eruptions as we age.

Dermatologists don't use these terms, knowing that what one person calls a liver spot another will call an age spot. But assessing and excising these pigmented spots is a daily event for skin doctors.

"Pigmented lesions and brown spots are a huge part of dermatology," says Dr. Lisa Kellett, a Toronto dermatologist who works at the clinic DLK on Avenue.

"Sometimes they just want reassurance," Kellett says of the patients she sees with these skin spots.

"And other times they say, 'You know, I really hate the look of this. Can you get rid of it for me?"'

There are two main types of these pigmented brown spots, solar lentigines and seborrheic keratoses. The good news is that both are benign; they are not early manifestations of skin cancer.

But people should not self-diagnose what they are seeing, Kellett says. She tells her patients she wants to see them if they develop new spots or moles, or if existing ones change.

Protection
Most people use much less sunscreen than they need

Dr. Benjamin Barankin agrees.

Medical director of the Toronto Dermatology Centre, Barankin says these types of pigmented brown spots are not directly linked to a higher risk of skin cancer. But these spots pop out when people are older — which is also the time when the risk of developing cancerous melanomas increases.

As well, people who have these spots may become complacent — taking reassurance from the fact they were once told those brown patches aren't skin cancer — and miss a melanoma hiding among an array of pigmented spots on their backs, Barankin says.

So what are solar lentigines and seborrheic keratoses?

Let's start with lentigines. You may never have heard the term, but if you can picture the hands of an elderly white adult, you probably know what they are.

As freckles can dust the nose and the cheeks of some fair-skinned folks, brown spots can mottle the skin on the back of some aging hands.

Lentigines or lentigos are like freckles, says Barankin. But where a true freckle will fade in the winter when sun exposure is limited, these spots do not go away on their own.

Lentigos are the result of sun exposure. If you are fair skinned and you don't want them dotting the backs of your hands, limiting sun exposure or protecting your skin with a sunscreen with a sun protection factor, or SPF, of at least 30 is advised.

Slather it on, says Barankin, who notes most people apply about one-third to one-half of the recommended amount of sunscreen.

Some commercial bleaching creams will help fade these spots, but may not get rid of them entirely if they are dark and have been on the skin for a while.

Dermatologists can zap these spots off using either a laser or liquid nitrogen. The procedure is not covered by health care. And if your skin is prone to developing lentigines, unless you protect it from the sun you will likely develop more.

The other type of pigmented brown spot is a seborrheic keratosis — or keratoses, if you have more than one. People who develop these crusty, dark brown spots often do.

Barankin sees patients with dozens of these spots, which are generally found on the torso. They are not caused by sun exposure.

"You cannot prevent them," he says. "It's your genetics and getting older."

Dermatologists can also zap off seborrheic keratoses, using the same techniques as they do for lentigines.

"For the flat ones, it has a success rate of between 85 and 90 per cent with one treatment," Kellett says of laser therapy. "It depends on how thick it is. The thicker they are, the more difficult they are. But it's a very good treatment."

Really thick keratoses that have been around for a while may need to be cut out, she notes.

And both she and Barankin say if you don't like these spots, it's easier to get rid of them when they are new.

"Whether it's the keratosis or the lentigo, they will come off easier the earlier you get at them," Barankin says.

THE CANADIAN PRESS

PRODUCTS

Keep your summer holiday glow, from head to toe

Summer is winding down, but that doesn't mean you have to submit to the winter blues without putting up a fight. If you want to carry your sun-kissed glow into the autumn then here are some tips.

Skin

The key words here are exfoliation and moisturizing. Get rid of rough patches with a store-bought scrub or whip up your own DIY one using ingredients such as sugar, sea salt and natural oils. Regular and intense hydration is the secret to keeping your tan locked down, so consider investing in a rich moisturizer like the new Body Shop Mega Olive Body Butter, made with Fair Trade organic olive oil.

If you want to cheat a little (hey, there's no harm) then add a little fake tan into the mix to maintain that vacation vibe.

Nails

Keep your nails summery with fresh nail polish such as the plum shade from Essie's Flowerista series for Spring/Summer 2015, inspired by colourful blooms and ranging from rich nudes to a strong fuchsia vibe.

Hair

If you find yourself with blonder strands than usual at the end of the summer then using highlight enhancing products might help keep them around. Or, head to the salon for a few professional highlights to keep things summery. Bronde is the hottest hair colour of the moment, and can be recreated at home. When it comes to styling, keep those beachy waves in the picture with the help of a sea spray such as Sachujuan's Ocean Mist Texturizing Spray, which promises the texture and smell of a hard day's surfing. AFP

Swim and run to the finish

COMPETITION

Swedish competition is among hardest races in world

Swim a little, run a little — make that a lot — as you navigate fresh trails, choppy water and extreme temperature transitions with a magnificent landscape as the backdrop. That's what to expect from a Swimrun — a Scandinavian trend spreading far and wide.

There's no such thing as an indoor Swimrun: Natural courses span through forests, across rivers and over islands — basically anywhere that's off the beaten path.

Swimrunners race in teams of two, and because the courses are so hardcore, a minimum age of 18 is required for most competitions.

From start to finish, teams bring their equipment, which includes wetsuits to keep them insulated; northern waters are frequently just 10 degrees Celsius, even on the hottest days.

Water and food checkpoints are positioned throughout the course, along with medical staff to survey the athletes in case of an emergency.

The simple blend of trail running and open water swimming started in Sweden, where extreme sports enthusiasts and a rocky, ragged archipelago gave way to ÖTILLÖ, the original Swimrun race that later became the Swimrun World Championship.

At ÖTILLÖ, teams skim a total of 26 islands off the coast of Stockholm, covering a distance of 75 kilometres, 10 of which are crossed by sea.

They make a total of 52 transitions, hopping in and out of the water and sprinting across the islands.

Swims range in length between 100 and 1,780 metres and runs are between 70 and 19,700 metres, according to event organizers.

The dawn-to-dusk race was conceived in 2002 by Anders Malm of Utö, Sweden, and his colleagues when they challenged each other to a casual version of the race. The last team to hit a predetermined restaurant had to pay for what the teams that arrived before them had ordered.

Known as the founders of Swimrun, Michael Lemmel and Mats Skott commercialized the sport in 2006 and the trend started its journey across Scandinavia.

As word of the trend spread, spinoff races started cropping up along ragged coastlines including the Norwegian fjords, drawing an increasingly international crowd each time.

The Swimrun World Championship will celebrate its 10th anniversary Sept. 7, when 120 qualifying teams — the best of the waiting list of 550 — will sweat and shiver it out for what is becoming renowned as one of the toughest races in the world.

The final list of participants represents more than 23 nationalities and an Alpine version of the sport is hitting the mountains. AFP

Trail running in Swimrun in May. FREDRIK ERIXON/HANDOUT

A swimming race in Swimrun in May. FREDRIK ERIXON/HANDOUT

IN SWITZERLAND

Canada for the win

Last year, in a competition in the Engadin valley in the Swiss Alps, Swede Björn Englund and Canadian Paul Krochak won the race that was a mix of trail running and swimming for a total of 52 kilometres in mountain terrain.

They crossed the finish line in 06:28:10, beating the second-place win by half an hour. METRO

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EXERCISE

Five outdoor activities to tone your body by fall

Fitness coach Thétis Guimbioko has five easy exercises you can do using what's around you.

Don't forget to stretch. ISTOCK

On the ground

Squats strengthen your thighs and buttocks.

Start in a standing position, with shoulders broad and back straight, feet at waist width and toes aiming slightly towards the outside. With your body weight on your heels, bend your knees and lower your body, making sure your knees do not pass your toes, until your legs form a 90-degree angle.

Do five sets of 10 reps with a 30-second rest in between.

On a chair

This exercise is normally done standing up, but starting in a seated position is an alternative for beginners.

While sitting in a chair, the goal is to work the oblique abdominal muscles. Place your hands behind your head and keep your knees at a 90-degree angle. Rotate your upper body to the left and then return to the middle before rotating to the right.

Continue these rotations for three to five minutes. Inhale on one side and exhale on the other. This is an ideal exercise to slim the waist.

On a bench

The starting position for this exercise will have your hands holding the bench behind you and supporting your body, straight and extended, at a 45-degree angle to the ground.

This is a mix of a reverse pushup and a dip. Lower your body until you touch the bench and then push yourself back up.

There's no better way to strengthen the muscles on the back of your arm. Do five sets of 20 reps with a 30-second break in between.

Against a fence

If pushups are too difficult for you, this exercise using a fence is a great alternative.

Lean into the fence at a 45-degree angle, in basic pushup position. Make sure your hands are holding the fence at shoulder height and then lower yourself until your chest touches it. Exhale on the way down and then inhale as you push yourself back up. Take care to keep your body straight throughout.

Do five sets of 20 reps with a 30-second rest in between. Perfect for working the shoulders and arms.

In a stairwell

One of the best cardio exercises you can easily do is climbing stairs. Quick bursts up a set of stairs will burn calories and tone your buttocks, thighs and calves.

Find a staircase that's not too long and, keeping your body as upright as possible, race up and then turn around and come back down.

Do five sets of five with a break in between sets that lasts as long as the activity itself. AFP

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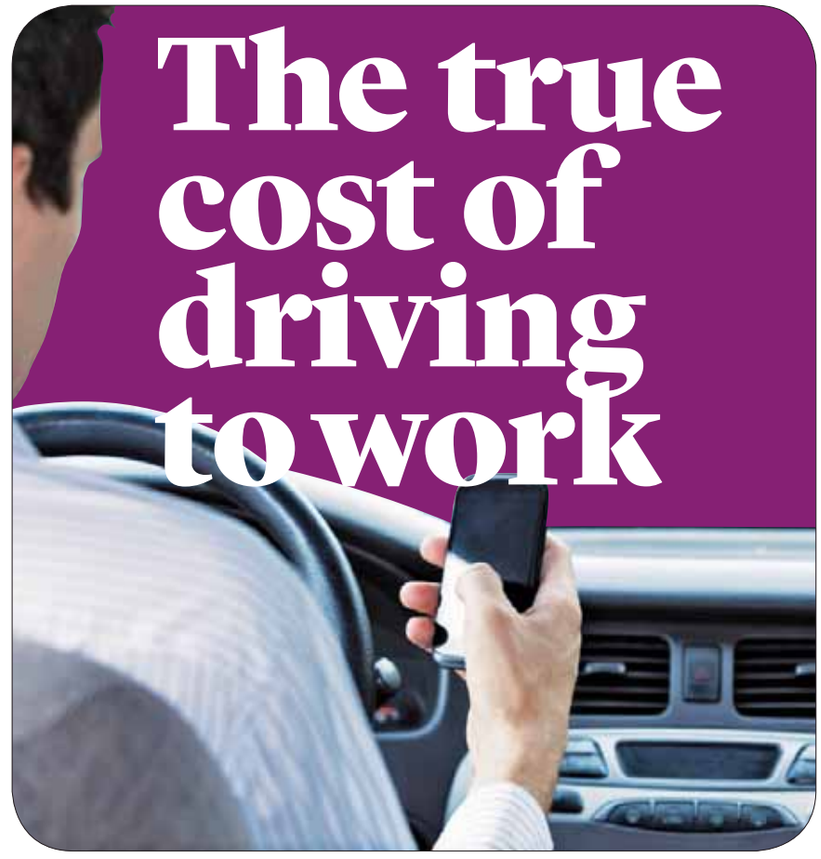

The true cost of driving to work

VEHICLES

Each click you commute will likely cost you $540 year

With house prices continuing to skyrocket across Canada, it seems like the only financially feasible path available to homebuyers is to consider a fairly substantial commute to their downtown places of work.

While owning a great house in the suburbs appears to be the ideal for many Canadians, the accompanying commute often leaves something to be desired.

While the fact that Canada's 15 million-plus commuters would prefer a shorter drive to work isn't exactly a headline-grabbing revelation, I think that most of us actually underestimate the true overall cost of driving to work every day.

The Canadian Automobile Association (CAA) claims that it costs about $0.54 per kilometre for the average person to drive a midsize car in Ontario.

For comparison purposes, a pickup truck clocks in at $0.70 per kilometre, and a compact commuter car runs about $0.46 per kilometre.

When most people think about a prospective commute they fail to take into account the increased wear and tear on their vehicle, as well as the increased maintenance schedule that is required.

Statistics Canada measured commuting back in 2011 and discovered that Canadian commuters spent an average of 25.4 minutes travelling to work.

This was very similar to the average found in the U.S.

With more and more Canadians having to look further away from downtown cores in order to afford housing, I think it's safe to say that this figure has not gone down over the past few years.

If you want to quantify your commute into the simplest terms, think about the fact the most people work around 240 days a year.

For every kilometre that you live away from your work, you will drive that distance twice a day, for 240 days — costing about $1 per day if you drive a small car.

I'm not sure what worth you place on your time (a valuable resource if you think about it), but if each kilometre takes about 1.5 minutes to drive, that's three minutes of your life every day for each kilometre you live away from work — or 720 minutes (12 hours) every year.

If your time is worth $25 an hour to you, that's another $300 annually per kilometre.

Overall, each kilometre you have to commute to your job will likely cost around $540 annually.

If the average commute is about 17 kilometres in Canada, that means that most Canadians that drive to their place of work are sacrificing roughly $7,540 each year.

If that much money was invested in your TFSA annually, and grew at an average rate of 8 per cent, you'd have more than $900,000 in 30 years' time.

Alternatively, you could afford roughly $100,000 more of house (assuming a 25-year mortgage with an average interest rate of 6 per cent) if you took that $7,540 every year and applied it to mortgage payments instead of commuting costs.

$ IN BRIEF

- There are more costs to driving a vehicle than the purchase price and gas.
- How much do you value your time and sanity when it comes to spending time in traffic?
- Sometimes you're no further ahead financially if saving money on a house means a long commute every day.

Kravitz, as always

INTERVIEW

Rock star still strutting his stuff

Lisa Weidenfeld
For Metro

Lenny Kravitz is one of those musicians who could be coasting by now.

He's had huge hits, appeared in The Hunger Games and performed in the Super Bowl with the famous Left Shark (oh, and Katy Perry and Missy Elliot). But he's just as hard working as ever, with 2014's Strut earning high praise from Rolling Stone, and a current tour (that included a date in Sweden and a wardrobe malfunction that took the Internet by storm).

The resulting album has a gritty old-fashioned feel to it, which has led to some moody, black and white music videos that almost look like art films.

"That's what I gravitate towards, really. The music I think calls for that," says Kravitz. He says he likes black and white because "it can be so much more dynamic and realistic."

He found people to collaborate with who were already doing the type of work he was imagining for the videos, but says the result is always a pleasant surprise.

"You still never know what you're going to get until it's done. Videos have always been that way. You hire the person you want, and everything's perfect until you get it and it's not what you thought. Sometimes it is. But these last videos, I was very happy with."

The album also marks his first release under his own record label, Roxy Records.

"It gave me an opportunity to exercise a lot of the things I've learned. And also to follow my desires: This is how the money's spent, this is what we're going to do, etc."

But just because he's running things now doesn't mean he's changing what he does too much. He played many of the instruments on Strut, just as he's always done.

"It's just the way I started. I didn't do it on purpose. I couldn't afford to pay people when I made my first record, so I played all the instruments myself. Then it became sort of my thing, my sound." The album has been enough of a success that Kravitz is still touring in support of it a year later, but he says he doesn't let that kind of thing go to his head too much.

"Anytime someone says something nice, it's a nice thing. Whether or not I get recognition, I stand by my work. I express myself honestly and authentically, so therefore it's successful."

That honest expression is important when he considers what to write about next.

Asked if he's interested in any particular subject, he answers, "Whatever comes. You know, it's your heart speaking, your soul, your subconscious. It's all of that. So whatever has to come out, comes out."

And wherever that type of thinking takes him, he's happy. "I'm always wanting to do something I'm not doing, because that's just the way I am."

Lenny Kravitz is still touring in support of his 2014 album Strut. He plays Toronto on Wednesday. GETTY IMAGES

SUPERBOWL PIECING IT TOGETHER

'You definitely don't want to screw up'

Kravitz played for one of the biggest audiences in the world earlier this year when he played the Super Bowl half time show with Katy Perry, which he called "surreal."

"I've done my own concerts in front of a million people. I did a concert years ago in Rio for a million people. (At the Super Bowl) there are less people in front of you, but you realize it's going out to millions of people across the world. So you definitely don't want to screw up."

He also had high praise for the headliner, saying Perry "hadn't eaten for, like, two weeks. She's very disciplined, working day and night. So it was a good release afterwards."

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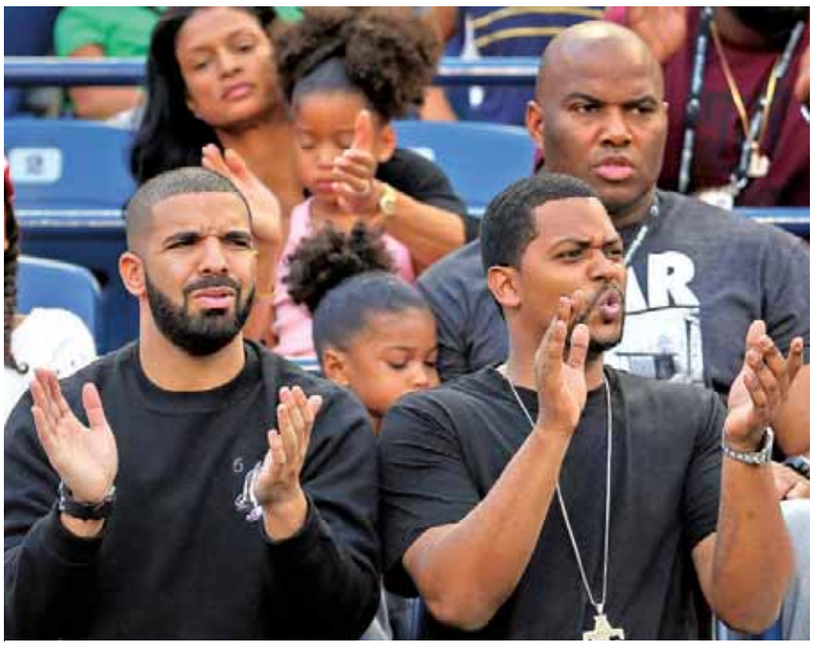

Drake watching one of Serena's games, where he's becoming a fixture. ALL PHOTOS GETTY IMAGES

SPOTTED

Cellphone photos show Drake and Serena kissing

IN HOLLYWOOD

Ned Ehrbar

Thanks to some super-grainy cellphone pictures posted to TMZ, we have pretty solid confirmation that there's truth to the rumours about Drake and Serena Williams being an item that have been floating around all summer.

The pair dined at a swanky city restaurant — apparently Cincinnati has fancy restaurants, who knew? — and were spotted looking extra cosy and lip-locked.

Earlier that same day, Williams won the local WTA tournament, with Drake doing his new regular thing: watching her play from the stands.

Hey, it beats fending off Meek Mill jabs, right?

BREAKUP

One Direction going different directions

We're still reeling from Zayn Malik's decision to walk away from One Direction, and now this: The hugely popular boy band is reportedly splitting up.

But they'll be back, an inside source tells The Sun, just after a few solo projects starting around March. No bad blood. Really.

Stop me if you think you've heard this one before.

"It is definitely not a split and they fully intend to get back together at some time in the future ... but for now it is the end," a source says. Well, not exactly, as their current tour runs through the end of October, and they have an album coming out in February. But after that? Totally over. For about a year.

JOHN A. OSWALD/METRO

One Direction is taking a final bow... for now. GETTY IMAGES

SCIENTOLOGY

Cruise let off the hook by reporters

Journalists, you're letting Paul Haggis down.

The Crash director is disappointed that Tom Cruise made it through his entire Mission: Impossible — Rogue Nation press tour without having to address the Scientology issues raised by the recent Going Clear documentary.

"We forgive anybody anything if they're a movie star, I guess," Haggis tells the Daily Beast. "That's not his fault. His PR people are very smart."

Haggis sees one main culprit in all of this: entertainment journalists.

"I don't know how journalists can continue to call themselves journalists if they aren't brave enough to ask a question," he says.

"There are things called journalistic integrity, and there are things more important than promoting a movie sometimes. It was so glaringly obvious. There was this huge elephant there, and every journalist agreed not to address it. Why? You're just a PR person at that point. Shame on you."

Way harsh, Paul.

NED EHRBAR/METRO

TELEVISION

Missy Elliott joining Pharrell on The Voice

The roster of talent on The Voice keeps getting more crowded, as now Missy Elliott has signed on to serve as an adviser for Pharrell Williams' team on the singing competition, which returns Sept. 21, according to E! News.

Previous advisers for Williams' team have included Lionel Richie and Alicia Keys, so it will be interesting to see what advice someone who is not necessarily a singer has for the contestants.

For the ninth season, Elliott joins the adviser ranks that already include Selena Gomez for Gwen Stefani's team and Brad Paisley for Blake Shelton's.

Adam Levine, on the other hand, is going with ... John Fogerty? Sure, I guess. And, as NBC previously announced, Rihanna will be advising all contestants, regardless of spinny-chair judge affiliation.

Wait, how are we already up to a ninth season of The Voice? I feel old.

NED EHRBAR/METRO

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GOSSIP IN BRIEF

Underaged O'Donnell sent nudes, say prosecutors

The owner of a home where Rosie O'Donnell's teenage daughter was found last week sent the girl a nude photo, prosecutors said Monday.

Steven Sheerer, 25, is accused of having inappropriate online communications with 17-year-old Chelsea O'Donnell. He faces charges of child endangerment and distribution of obscenity to a minor. Ocean County prosecutors say a conviction could bring up to 10 years in prison.

Sheerer was arrested Friday night at his home. Chelsea O'Donnell was found at the home Aug. 18.

Authorities said police went to the home and the person answering the door initially did not want to reveal Chelsea's presence. Police said they told the occupant they would not leave until she came out; Chelsea then appeared and willingly left with police.

Sheerer's arrest came several hours after authorities obtained the girl's cellphone with her mother's consent, prosecutors said. They found "inappropriate communications" that spanned several weeks between Sheerer and Chelsea, prosecutors said.

THE ASSOCIATED PRESS

SHUTTERSTOCK

Improve your English workplace proficiency

With Ottawa-Carleton District School Board

"Many people immigrate to Canada, take ESL (English as a second language) classes and then they start working," says Shirley Graham, Ottawa-Carleton District School Board's education officer.

"Sometimes they find they still need help to improve their workplace skills. Maybe they're having a challenge with pronunciation, communication or writing. We can help them improve their English workplace skills including teamwork, conflict resolution and giving presentations. These are skills that can easily be learned. We have excellent instructors who are able to teach these skills and help these students to improve their skills. This free training will help to improve their performance in the workplace. For those who are not working yet, these courses will help to prepare them for the workplace."

There is also another group that benefits greatly from ESL programs, Graham says. Immigrant seniors who have retired from their jobs in Canada, or who have never worked, but came here to help family can benefit socially and emotionally by attending an ESL class. Immigrants who came to Canada many years ago benefit greatly from coming back to the ESL class.

"For seniors, we focus on ESL for active living," Graham says. "We work on language that helps them with social activities, volunteering, and healthy eating. Research shows that continuing to learn is beneficial to both physical and mental health. Through our ESL for active living course, students meet people from different cultures and learn English related to being a healthy, active senior."

The OCDSB offers classes during the day, at night, as well as on Saturday mornings as part of its commitment to provide flexible scheduling to respect work/family commitments.

"A free test is available at the YMCA office at 240 Catherine St.," Graham says. "It tells us a person's Canadian language benchmarks. After this test we are able to put people in the class that is best for them."

The courses are flexible, based on what students need, and, most importantly, all courses are free. Please see this week's OCDSB advertisements for more program details.

For more information, call 613-239-2737 or visit eslinottawa.com.

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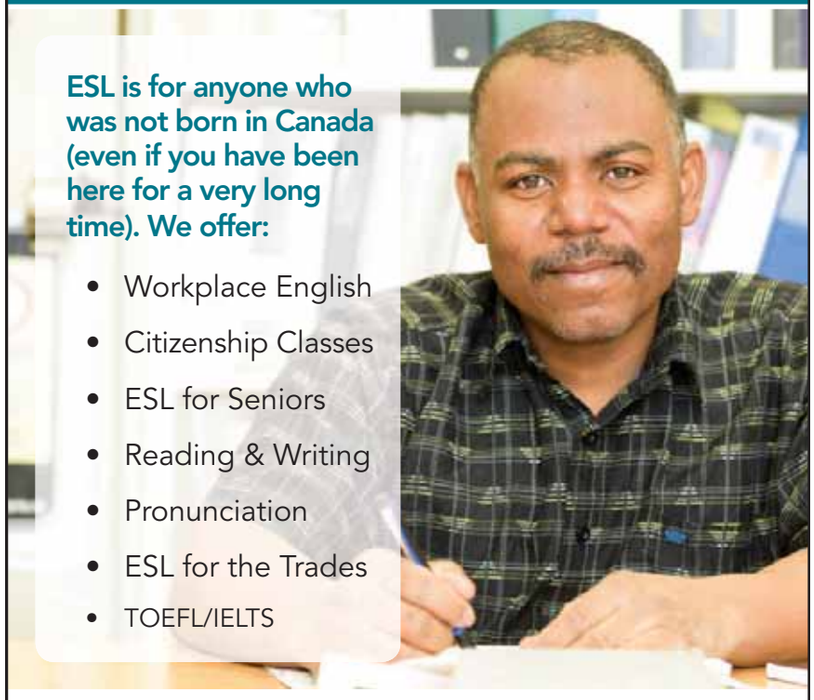

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metro SPORTS
Your essential daily news

Two-time NBA MVP Steve Nash will be inducted into the Phoenix Suns' Ring of Honor Oct. 30

5 THE 1992-93 WORLD SERIES CHAMPS: WHERE ARE THEY NOW?

The Toronto Blue Jays are in first in the American League East and looking like a serious post-season contender for the first time since they won the 1993 Fall Classic. Here's a look at five members of the 1992 and 1993 World Series champion Blue Jays and where they are now. THE CANADIAN PRESS

1 Kelly Gruber

The blond-haired third baseman is best known for his role in a non-call in Game 3 of the 1992 World Series. He made a diving tag on Braves baserunner Deion Sanders' foot to record the final out of a triple play. The second-base umpire ruled Sanders safe. Gruber tore his rotator cuff on the play but he still hit a key game-tying home run in the eighth inning, and the Jays would go on to win the game and the Series.

Today, Gruber holds baseball seminars and does public appearances as a motivational speaker for charitable organizations.

2 Pat Hentgen

The right-handed pitcher came out of the bullpen throughout the 1992 season with a total of 50-1/3 innings pitched. Hentgen's impact was really felt in 1993 when he led Toronto with a 19-9 record in the regular season with 122 strikeouts and 3.87 earned-run average.

He won Game 3 of the 1993 World Series against the Philadelphia Phillies, giving up one earned run over six innings of work in a 10-3 victory.

Hentgen continued to improve on the mound, winning the American League's Cy Young in 1996.

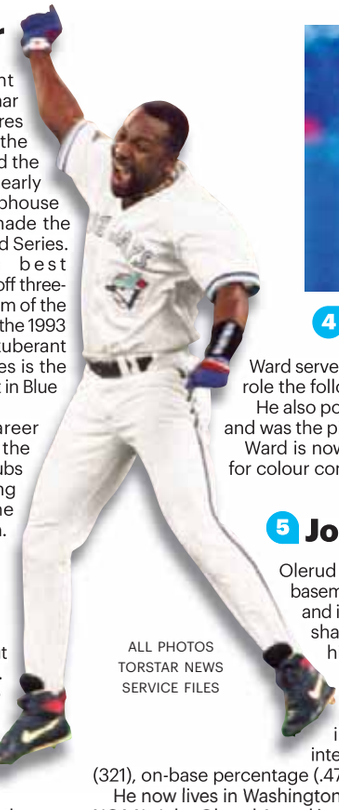
Today, Hentgen is still involved with the Blue Jays, working in the team's front office as Special Assistant to the Organization.

3 Joe Carter

The trade that brought Carter and Roberto Alomar from the San Diego Padres to Toronto in 1990 was the crucial move that created the Blue Jays dynasty of the early 1990s. Carter was a clubhouse leader in Toronto and made the final out of the 1992 World Series.

However, he is best remembered for his walk-off three-run home run in the bottom of the ninth inning of Game 6 in the 1993 World Series. Carter's exuberant jumping around the bases is the most memorable moment in Blue Jays history.

Carter had a brief career as a TV broadcaster for the Blue Jays and Chicago Cubs before focusing on doing charitable works for the Children's Aid Foundation.



ALL PHOTOS TORSTAR NEWS SERVICE FILES

4 Duane Ward

Ward served as a reliable setup man in 1992, but took over the coveted closer's role the following season and earned 45 saves.

He also posted saves in Game 1 and Game 4 against the Philadelphia Phillies and was the pitcher of record when Joe Carter hit his walk-off homer in Game 6.

Ward is now regularly featured on local Blue Jays radio broadcasts, filling in for colour commentator Joe Siddall.

5 John Olerud

Olerud became Toronto's full-time first baseman at the start of the 1992 season and immediately made an impact. His sharp defensive play coupled with his strong hitting made him an important piece of both World Series teams.

He led the American League in batting average (.363), intentional walks (33), times on base (321), on-base percentage (.473) and doubles (54) in 1993.

He now lives in Washington with his wife and children. The NCAA's John Olerud Award is given to the best two-way player in collegiate baseball after his All-American play for Washington State University as a pitcher and first baseman. He was inducted into the National College Baseball Hall of Fame in 2007.

PREMIER LEAGUE

Cech heps Arsenal salvage a draw

Petr Cech demonstrated why he will be an asset rather than a liability for Arsenal by producing the saves that secured a 0-0 draw against Liverpool on Monday after opening-day blunders proved so costly for his new club.

It was a first Premier League clean sheet in Arsenal colours for the former Chelsea goalkeeper, who had to cope with a fragile defence in front of him.

And with the Gunners forwards so feeble, the draw left them with four points from a possible nine at the start of the season. THE ASSOCIATED PRESS

"Today was one those games where I was in the right place at the right times."
Peter Cech

IN BRIEF

IndyCar driver Wilson dies of head injury

IndyCar driver Justin Wilson has died from a head injury suffered when a piece of debris struck him at Pocono Raceway. He was 37.

IndyCar made the announcement on Monday night at Indianapolis Motor Speedway.

Wilson was hit in the head during Sunday's race by piece of debris that had broken off another car. His car then veered into an interior wall at the track.
THE ASSOCIATED PRESS

Team Russia fined for walking out on O Canada

The Russian Hockey Federation was fined $85,000 Monday over the national team snubbing Canada's victory celebrations after the world championship final.

The sport's governing body, IIHF, said Russian players deliberately left the ice before the Canadian anthem was played on a signal from captain Ilya Kovalchuk, contrary to claims mad by the Russian federation. THE ASSOCIATED PRESS

TRACK AND FIELD

Barber catapults to gold at worlds

Shawn Barber
CAMERON SPENCER/GETTY IMAGES

Canada's Shawn Barber won a gold medal in the men's pole vault at the world track and field championships on Monday in Beijing.

The 21-year-old, who won gold at last month's Pan Am Games, was the lone competitor to clear 5.90 metres on his first attempt.

Defending champion Raphael Holzdeppe captured silver.

The medal is Canada's fourth of the competition and the country's first ever in pole vault.
THE CANADIAN PRESS

RECIPE Panko Crusted Chicken Sandwich with Sriracha Coleslaw

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

The lightly sautéed panko-crusted chicken thigh goes well with the spiced up coleslaw. Serves 4.

Ready in
Prep time: 15 minutes
Cook time: 8 minutes

Ingredients
- 4 boneless, skinless chicken thighs (pounded)
- 1 Tbsp cornstarch
- 1 egg
- 2 Tbsp 2 per cent milk
- 1/2 cup panko or breadcrumbs
- 2 cups packaged coleslaw
- 1/4 cup light mayonnaise
- 1 Tbsp light sour cream
- 1 Tbsp lemon juice
- Salt and pepper
- 1 tsp Sriracha or hot sauce
- 4 sandwich buns
- 4 slices field tomatoes

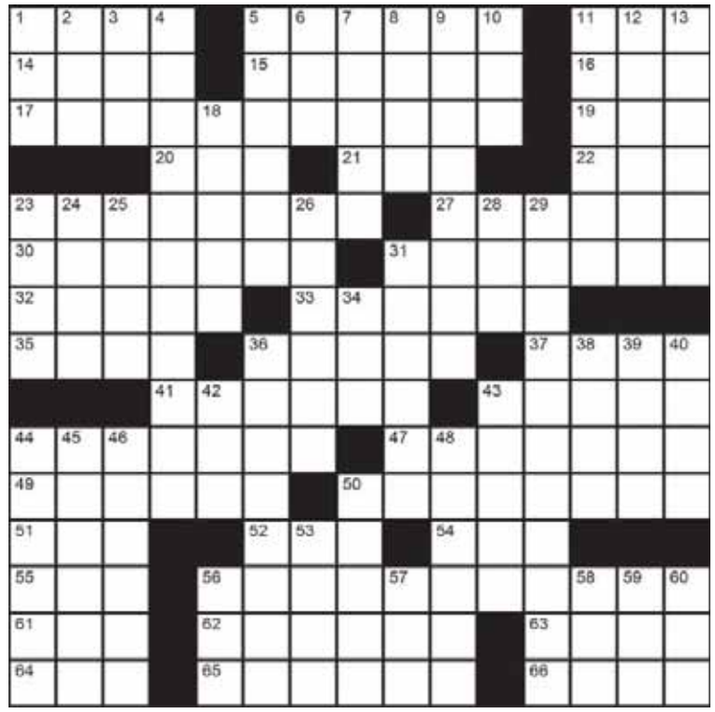
Directions
1. Sprinkle cornstarch over chicken. In a dish, mix egg and milk and dip chicken to coat. Dip in panko crumbs.
2. In a large hot skillet, sprayed with vegetable oil, sauté chicken until cooked through, about four minutes per side.
3. To make slaw: In a bowl, combine slaw mixture, 2 Tbsp light mayonnaise, sour cream, lemon juice, salt and pepper and 1/2 tsp Sriracha.
4. In a small bowl, combine remaining mayonnaise and 1/2 tsp Sriracha. Spread this over four bottom of buns.
5. Place tomato slice over top on bottom buns, add chicken and divide slaw on top.

Nutrition per serving
- Calories 332
- Protein 23.6 g
- Carbohydrates 40 g
- Fibre 3 g
- Total fat 8.7 g
- Saturated fat 2.7 g
- Cholesterol 122 mg
- Sodium 629 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canned meat brand
5. Instruments like Ravi Shankar's
11. "Tell _ No" by The Zombies
14. Rikki-Tikki-_
15. Breakfast menu selection
16. Brit band, briefly
17. Mid-'70s Canadian TV series based on Johann Wyss' 1812 classic book, "The _ _ Robinson"
19. Scandinavian rug
20. Rested
21. Tee 'n' club org.
22. Sure-footed mammal
23. Long-steps-taking pedestrians
27. Computer store purchase
30. Food Network watcher's interest
31. Rants
32. Put down
33. Fawn
35. Island of Indonesia
36. _ and effect
37. Legend
41. Sacred songs
43. Jason of "How I Met Your Mother"
44. Overcome/make do
47. Country in Africa bordering Sudan
49. Contradiction
50. British-born missionary doctor to Newfoundland and Labrador, Sir Wilfred _ (b.1865 - d.1940)
51. NYC's Madison
52. 'Equal'-meaning prefix
54. Wilmington's state, for short
55. Name: French
56. Canadian comedy partner for Frank Shuster: 2 wds.
61. Watercraft, with Jet
62. Furthest orbital point
63. Band's undertaking with dates to commit to
64. Mauna _ (Hawaiian volcano)
65. Peanut Butter Cups name
66. Crooned

DOWN
1. Haloed humans, for short
2. Puppy's friendly offering
3. Canadian broadcaster Mr. Lewis
4. Fun-to-spell American river
5. Cushion
6. "Baby _-_ Want You" by Bread
7. Office workers, e.g.
8. Sacha Baron Cohen character in Madonna's "Music" video: name + letter
9. Comparative
10. Trough locale
11. Monarch's messenger
12. President of France's residence, _ Palace
13. Jokes-filled celebrity tributes
18. "Sexy _" by The Beatles
23. Strikebreaker
24. Marching band instrument
25. Money in Oman
26. Entertain enthusiastically
28. 'Hect' ending
29. Some footwear, a nod to dancers: 2 wds.
31. One mixing the salad so that the lettuce flies up but then lands in the bowl
34. Certain cake
36. Circus carousel's music provider
38. Fiend
39. Stagger
40. Airline of Israel: 2 wds.
42. Sauna site
43. Brawn
44. Port city in Poland
45. Invalidate
46. Low energy reason maybe
48. Changes hair hue again
50. They resonate when struck in orchestras
53. Boot alternative
56. Cookie container
57. Maiden name indicator
58. Beatles hit: "She Loves _"
59. Sister
60. Work unit

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A confident approach is a must. If your rivals get the idea that you are having doubts they won't hesitate to exploit them and that could lead to a serious setback later in the week.

Taurus April 21 - May 21
Try not to take anything too seriously. If you find yourself thinking about one thing to the exclusion of everything else that is a sure sign you have become infatuated about something and that isn't healthy.

Gemini May 22 - June 21
Today you will wonder if the powers that be have got it in for you, but it is your state of mind that is making things seem tougher than they really are. Life will get easier very soon.

Cancer June 22 - July 23
Travel and social plans are likely to be disrupted, although nothing too drastic will happen so long as you look ahead. Make allowances and make sure you have not forgotten anything important.

Leo July 24 - Aug. 23
Think carefully before committing yourself to anything of a financial nature today. Someone is keeping from you facts you need to know.

Virgo Aug. 24 - Sept. 23
You are strongly advised to be suspicious of everything you see and hear. Neptune, planet of confusion, is making things harder to understand and if you are not careful you could be the one who loses as a result.

Libra Sept. 24 - Oct. 23
A rethink of your aims may be a good idea but don't change anything before getting advice from people you trust. You are a little confused and it might be the case that you don't have to change anything at all.

Scorpio Oct. 24 - Nov. 22
What you have to say is not what certain people want to hear, so don't be surprised if they try to twist your words. The message you have to deliver is of major importance, so keep repeating it.

Sagittarius Nov. 23 - Dec. 21
You've been worrying for no good reason about something that is of no importance at all. Wven a wise Sag can be fooled now and again.

Capricorn Dec. 22 - Jan. 20
There will be plenty in the way of rumour today but precious few facts, so don't jump to conclusions. When even those in positions of authority have no idea what is going on there is not much point making plans.

Aquarius Jan. 21 - Feb. 19
Try to be a bit more laid-back about money matters today — but not so laid-back that it seems as if you don't care. If you have any bright ideas about how to increase profits you must speak up.

Pisces Feb. 20 - March 20
You know you can trust your own instincts but can you trust other people's instincts? Don't take what others tell you at face value today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		1		9	3	5		

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